

What does the research say in general about vitamin D and respiratory infections?

Studies have shown that people who get respiratory infections tend to have lower levels of vitamin D.

Young children are more likely to develop respiratory infections than adults. Some studies have shown that infants who have low levels of vitamin D when they are born are more likely to get a respiratory infection in their first year of life, compared to infants who are born with good vitamin D levels. The vitamin D level of a newborn depends on their mother's vitamin D levels, so a mother with high vitamin D levels will have a baby with high vitamin D levels.

Key points from the research

- People who get respiratory infections are more likely to have low levels of vitamin D.
- Vitamin D can help reduce inflammation caused by the respiratory infections and increase the number of proteins that fight against viruses.
- Respiratory infections tend to increase during the winter, which is when vitamin D levels are known to decrease.
- Some experiments have shown that taking vitamin D supplements can help to prevent respiratory infections.
- Some research has shown that people with high levels of vitamin D who get respiratory infections have a shorter illness duration or less severe symptoms.

Some researchers recommend getting more vitamin D to protect against respiratory infections but this additional research like Starship & The Cure Kids trial, run by the University of Auckland will be welcome...



Infants whose mothers take vitamin D supplements during pregnancy and infancy are less likely to get respiratory infections, according to research from the University of Auckland.

Researchers conducted a trial of vitamin D supplementation during pregnancy and infancy with pregnant women attending a maternity care clinic in South Auckland.

Ten % of all children under two are currently hospitalised with an acute respiratory infection, with one quarter re-admitted at least once due to repeat infections.

"Sometimes they have lingering lung problems from the first infection which make it more difficult to cope with the second," says Starship Hospital paediatrician and lead researcher Dr Cameron Grant.

Problems can range from asthma to conditions like bronchiectasis, a severe condition which causes permanent life-long damage to the tubes in the lungs. "If you are in a good Vitamin D state then your immune system won't have such an intense allergic reaction to some respiratory problems and therefore won't cause quite as much inflammation in your chest," he says. "By starting vitamin D during pregnancy and giving it as a daily dose, rather than a larger dose less frequently, we were able to safely and effectively improve the vitamin D status of the infants from birth," he says.

WELLNESS 4 US

Orewa 0931
Auckland, New Zealand
Phone: (0649) 554 1352
Mobile: 0211 392850
Email: info@bestd3.com
www.bestd3.com



Extra vitamin D3 trial to benefit infants. The health breakthrough to protect our kids...

Respiratory infections

What does this mean for me?

Research has shown that there is a link between vitamin D and respiratory infections. People with low levels of vitamin D are more likely to get a respiratory infection, because vitamin D plays an important role in helping your immune system to fight infections and viruses.

More people get respiratory infections in the winter, and vitamin D levels are known to be lower in the winter as well. It is thought that low levels of vitamin D may be a factor that increases someone's chances of getting a respiratory infection in the winter.



Most observational studies show that there is a link between low vitamin D levels and respiratory infections. Some experiments show that taking a vitamin D supplement can lower your risk of getting a respiratory infection, but results are mixed. More research is needed to see if taking a vitamin D supplement can help to prevent respiratory infections.

research is needed to see if taking a vitamin D supplement can help to prevent respiratory infections.

If you want to take vitamin D to prevent respiratory infections, it is unlikely to cause you any harm, as long as you take less than 10,000 IU per day. However, it's not proven that taking vitamin D will help to prevent or treat respiratory infections.

If you have a respiratory infection, you shouldn't take vitamin D in place of any treatment medications. A stitch in time is a great thing to practice, getting Vitamin D3 levels to adequate levels will protect most of us, adults children from severe infections.



Vitamin D3 & Obesity

A new University of Michigan study has shown that children who are deficient in vitamin D gained weight around their waist and gain weight more quickly than children who got enough vitamin D. Accumulation of fat around the abdomen can lead to what is called an "Apple body shape". This shape is linked to increased risk for heart disease, diabetes type 2, and other chronic degenerative diseases.

In this study the researchers followed over 470 schoolchildren from age 5 to 12, starting in 2006. The children were followed for about 30 months. The study looked at the vitamin D levels in the blood of children at the beginning of the study and then looked at the link between vitamin D and changes in three different indicators of body fat over the course of the study. Specifically they looked at body mass index, waist circumference, and scapular - to- triceps skinfold ratio. "We found that the kids with the lowest vitamin D levels at the beginning tended to gain weight faster than the kids with higher levels" He went on to say that children with the lowest vitamin D levels had more drastic increases in central body fat measures.

Obese children – 71 % had low vitamin D– Jan 2016

Low serum 25-hydroxyvitamin D concentrations are associated with total severe or morbid overweight of children in the United States: National Health and Examination Survey. The Endocrine Society acknowledge body weight differentials and recommend obese subjects be given two to three times more vitamin D to satisfy their body's vitamin D requirements. We recommend vitamin D supplementation be **2 to 3 times higher for obese subjects and 1.5 times higher for overweight subjects** relative to normal weight subjects.

Transdermal application of vitamin D3 is best.

Gut-Wrenching: New Studies Reveal the Insidious Effects of Glyphosate (herbicide) & its' role in blocking vitamin D absorption.

Why Transdermal is BEST: Chronic toxicity—the effects of continually ingesting glyphosate residues in food—is cause for concern seeing it is an integral part of the farming process. Glyphosate interferes with fundamental biochemical reactions and may predispose humans to obesity, Alzheimer's, Parkinson's, and other health problems. Specifically, glyphosate depletes the amino acids tyrosine, tryptophan, and phenylalanine, which can then contribute to obesity, depression, autism, inflammatory bowel disease, Alzheimer's, and Parkinson's. There is also evidence that glyphosate® inhibits CYP enzymes. The CYP enzymes help to detoxify foreign chemicals (such as pesticides), regulate levels of vitamin D and control cholesterol in humans. The unfolding understanding of our microbiome is how changes in our gut flora appear to impact greatly on human biology. When damaged, our gut bacteria slows the absorption of vitamin D and a multitude of diseases can manifest themselves. Taking D transdermally duplicates nature, the vitamin D remains intact & our body gets the necessary supplementation.

Auckland City Council is to look at its use of glyphosate sprays. There is growing community concern about the use of glyphosate & a petition calls on the council to stop using glyphosate sprays on the city's parks. July 2016

D'LIFE BABIES SKIN SERUM Cosmeceutical

Stoss Baby Skin Serum: Maintains supple skin while minimizing skin damage when applied transdermally. Used in increasing our vitamin D3 levels. "D3" is a nutrient that is critical to many bodily functions including obesity control.* Mounting research is highlighting the ever-increasing benefits of optimal "D3" serum levels.*

Cosmeceutical Facts

Servings per container 300 sprays of 1000iu

Restrict squirts to 1 per day.

Vitamin D3 1000 IU per serve.

Ingredients: Distilled water, Aloe Vera Leaf Gel & Cholecalciferol. (Vitamin D3)
Suggested Adult Use: Spray daily: Spray onto neck, back of hand, face for transdermal effect. Rub into skin. Formulated for babies to 10y/o.
The Vitamin D3 contained in this product is derived from lanolin, a component of sheep's wool.
Non-GMO and Gluten Free
CONTAINS NOTHING OTHER THAN LISTED INGREDIENTS